bio-protocol Preprint

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Chronic mild stress

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An abbreviated version of this protocol was published in Science Advances in Mar 2021

IL4-driven microglia modulate stress resilience through BDNF-dependent neurogenesis

DOI: 10.1126/sciadv.abb9888

Detailed protocol

Briefly, the mice were subjected to several different stressors per day at different times of the day to avoid habituation. The stressors included food deprivation (12 h), empty water bottles (12 h), restraint (2 h), lights-off for 3 h during the daylight phase, cage shaking (1 h), cage tilting (45M/M, 24 h), reversal of the light–dark cycle (24 h), strobe light (12 h), clip tail (10 min), damp bedding (24 h) and soiled cage (24 h). This chronic mild stress (CMS) paradigm was used over a 4 week period and consisted of daily exposure to 2–3 of the above-mentioned stressors in random order.

How to cite:(Readers should cite both the Bio-protocol preprint and the original research article where this protocol was used)

1. Chen, H. and You, Z. (2021). Chronic mild stress. Bio-protocol Preprint. bio-protocol.org/prep1018.
2. Zhang, J., Rong, P., Zhang, L., He, H., Zhou, T., Fan, Y., Mo, L., Zhao, Q., Han, Y., Li, S., Wang, Y., Yan, W., Chen, H. and You, Z.(2021). IL4-driven microglia modulate stress resilience through BDNF-dependent neurogenesis. Science Advances 7(12). DOI: 10.1126/sciadv.abb9888

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